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Dock Day to take viewers around the world

DOC(K) DAY – April 9
Northern Lights Performing Arts Pavilion
Haliburton
VIP Pass: $25
Tickets are $10, with a special screening of All the Time in the World for $5.

10 a.m.: All the Time in the World (1h 28)

In search of a new perspective, a family of five leave the comforts of home to live in the Yukon wilderness during the long northern winter. The parents leave their jobs and take their three children, ages 10, eight and four, to spend nine months in a small cabin with no road access, no electricity, no running water, no Internet, no TV, no phone and, most importantly, no clocks or watches.

Featuring the unique perspectives of the children, *All the Time in the World* explores the theme of disconnecting from hectic and technology-laden lives in order to reconnect with self, each other, and our natural environment.

1:30 p.m.: How to Change the World (1h 50)

In 1971 a brave group of young activists set sail from Vancouver in an old fishing boat. Their mission: to stop Nixon's atomic bomb. It was from these humble but courageous beginnings the global organization we now know as Greenpeace was born. Chronicling the fascinating untold story behind the modern environmental movement, this gripping film tells the story of eco-hero Robert Hunter and how he, alongside a group of like-minded and idealistic young friends in the '70s, would be instrumental in altering the way we now look at the world and our place within it.

4 p.m.: Meru (1h 30)

Gripping visually as well as narratively, this rare documentary proves thought-provoking while offering thrilling wide-screen vistas. Sitting 21,000 feet above the sacred Ganges River in Northern India, Mount Meru's perversely stacked obstacles make it both a nightmare and an irresistible calling. Three elite climbers struggle to find their way through obsession and loss as they attempt to climb one of the most coveted prizes in the high stakes game of Himalayan big wall climbing. *Meru* is the story of an expedition through nature's harshest elements, complicated inner demons, and ultimately on to impossible new heights.

7:30 p.m.: Blind Spot: Moments Unseen (1h 30), Q & A with director Stefan Morel and producer Leslie Haller to follow.

There is more to seeing than sight. This award-winning vision-quest documentary features three visually impaired adventurers who journey by horseback into the heart of the Andes. The environment awakens the blind riders' and their sighted guides' untapped senses. This juxtaposition of perceptions expands our perspective on how to interpret everyday obstacles. *Blind Spot: Moments Unseen* defies the conventional views on blindness to chronicle a voyage of self-discovery chronicling what we see, what we can't see, and what we overlook.

For more information and to reserve a pass call 705-286-3696, email kerrfamily@cottagecountry.net or go to www.haliburton-movies.com.

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THE ECHO HALIBURTON COUNTY

The Times MINDEN ONTARIO

The difference between snowshoes and fashion

Living Large

Humour by Steve Galea

Winter has finally rolled around in a nice way and, if I know winter, it will linger till at least June. With that in mind, people are actually getting out there and using snowshoes again.

If you look at the folks who are using snowshoes however, you'll probably notice they are not the same folks who are visiting Paris to see the fall line-up. That's actually what I like most about them.

Having said that, I believe the fashion industry has not exactly reached out to make snowshoes fashionable either.

I believe there is an tourism opportunity here – not just with snowshoes but with all of our practical winter apparel and tools.

Here are 10 ways we could make Haliburton County the centre of the fashion world.

1. Add ridiculously high heels to women's snowshoes. I'm no expert on fashion but I know this much; every time I go on YouTube to watch videos of models stumbling and falling on the Parisian runways, they are wearing ridiculously high heels. Clearly this simple feature makes otherwise impractical shoes (such as snowshoes) fashionable.
2. Also, would it hurt to make the harness of a snowshoe so tight as to pinch a woman's toes? Well, yes. Yes, it would hurt. But it would also make snowshoes more fashionable. It seems to me that every fashionable woman's shoe is also incredibly painful to wear. Not that I've tried.
3. Add a fancy label. I don't know a lot about fashion but I do know that once you add a fancy label, you're halfway there. I've done some math here: adding the right label on your everyday snow shovel would allow the "hardware boutique" to place a $900 price tag on it.
4. Of course, the label needs a good French name. For some reason people equate French with good taste, despite the fact that many words in French do not sound palatable at all. Take poisson, for instance. That's fish in French. I know this, but every time I see poisson on a menu I honestly wonder if the person who wrote the menu was bad at spelling and is actually offering me poison.
5. Bedazzle: I might not know a thing about fashion but I do know that any time you bedazzle something you've just made it very fashionable. A bedazzled parka? Oh yeah.
6. Matching purses: It seems to me that women always like to have purses that match with their shoes. Here's an opportunity to make purses that match with their snowshoes. I won't weigh in on the design, other than they ought to be big enough to hold a winter survival kit just in case the woman who owns the purse actually tried to hike in the bush in snowshoes that have ridiculously high heels.
7. Celebrity endorsements: To make anything fashionable these days, you need celebrity endorsements.
8. Product placement: To make something fashionable these days you need goods product placement. Imagine the buzz we would get if we could only convince our prime minister to attend a climate conference wearing a tuque, parka and snowshoes made right here in Haliburton County – especially if the conference was in Bermuda in summer.
9. How about a campaign that would grab the world's attention and make them think twice about us? "Haliburton County, where snowshoes are always in style" immediately comes to mind.
10. Lastly, why not take a page from the hipsters? They are continually doing great things with facial hair – fashioning curly mustaches, braided beards and the like. What if we tried to do the same with the frozen fluid from our runny noses? I see it as a cross between ice sculpture and hipster culture. Could it get any cooler? I think not.

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Design Dilemmas

Q:

While snowbirding in Florida we keep up to date by reading *County Life* online, we were wondering if we could send our design dilemma from our Florida Home to the design corner.

On our front porch can we get some advice on what colour we should paint our front door and a new light fixture? The colour of our siding is a light grey with white trim. Any advice would be very much appreciated.

Elaine and Heather

A:

Dear snowbirds,

It is wonderful that while you are escaping to the warm weather in Florida, you are still connected to the Highlands by reading *County Life* online!

Your front porch could really use some warm coastal colours to spruce it up. When I think of Florida, I think of the fabulous colours of Matlacha or the seaside motifs that are embellished across soft furnishings. Your front door painted a fabulous coral like Fan Coral by Benjamin Moore would be an amazing first start at introducing colour into your porch. To address your lighting needs your need to measure your junction box from the roof (ceiling) line to make sure your fixture does not touch or look cramped in. I recommend a downward hanging lamp like Quoizel's Booker Lantern which bring the eye down from roof or ceiling line.

Repeating the coral colour into the fabrics of your wicker furniture will begin to tie everything together. Thibault's Cabana Cloth in coral is a perfect partner to the new front door and a fabulous outdoor fabric that will withstand the elements. To pull it all together some accents of complimenting blue with coastal details like Pier 1's Surin Coral pillow and viola, you have a true coastal front porch that references the beauty of the "Sunshine State".

Enjoy the weather as it has been chilly back home!

Thanks for writing in to Design Dilemmas.

Andria Cowan Molyneaux
ACM Designs

Do you have a design dilemma? Let Andria help you.

Send your questions to: andria@acm-designs.com.

About Andria Cowan Molyneaux:

Andria Cowan Molyneaux is an accredited interior decorator, designer and certified aging in place specialist (CAPS), and has been accredited by the Canadian Decorators' Association (CDECA), and National Association of Home Builders (NAHB). Upholding a strict code of ethics, Andria is uniquely familiar with the strategies and techniques for designing and building aesthetically pleasing, barrier-free living environments.

About ACM Designs:

Established by Andria Cowan Molyneaux in 2012, ACM Designs is a residential interior decorating and design business that specializes in affordable design, aging in place, and project management for a client's city, country or lakeside home. Servicing the city of Toronto, Haliburton, Peterborough, and Hastings County, Andria is passionate about helping her clients to live in their homes, comfortably, safely, and independently for as long as they want to.

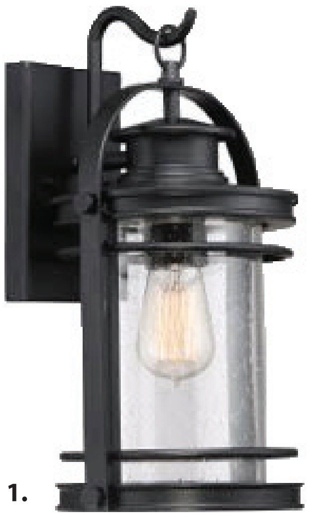
Coastal style

1. Lighting: Quoizel Booker Lantern http://www.quoizel.com/booker_6470.aspx

2. Cushion: Pier 1 Surin Coral pillow http://www.pier1.com/Surin-Coral-Pillow/2745606,default,pd.html

3. Paint: Benjamin Moore Fan Coral 013 http://www.benjaminmoore.com/colorExplorer/printAction.do?lang=en_US&cd=013&col=CC

4. Fabrics: Thibault Cabana Cloth in Coral http://www.thibautdesign.com/catalog/product/details/product/cabana_cloth_w80037/material/woven-fabrics/colorway/coral_27/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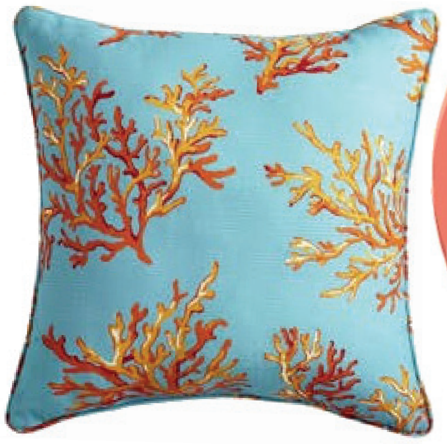
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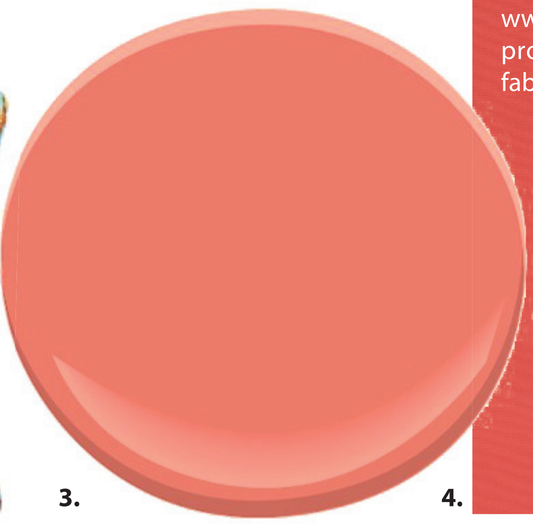
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Shoot the bull Haliburton style

On Tuesday, March 1 at 7 p.m. at the Minden Community Centre, the Haliburton County Farmers Association (HCFA) is hosting a farming info evening.

What's it about?

It's about farming here in Haliburton. It's about growing things here in Haliburton. It's about raising livestock – cattle, sheep, goats, chickens, etc. here in Haliburton.

Many people have ideas on what makes Haliburton unique – the lakes and rivers and hills that drew many of us, or our families here in the first place, and continue to draw the many seasonal residents and tourists to return time and time again. We have a vibrant arts community. We have many, many committed citizens who volunteer and help with the many events and activities that happen here. The list goes on.

But let's face it – farming/agricultural production is not something very many associate with Haliburton. The very geographical characteristic that people find so attractive is not a positive for agriculture. Haliburton County is on the Canadian Shield and we are positioned between a much more hospitable environment for farming to the south and similarly to the north. Farming in Haliburton can be considered unique as well.

It's a challenge for anyone trying to raise livestock or grow vegetables here. This meeting is to try to share some information. We can all use help! Our principle livestock commodity here is beef – we will have an individual, Dan Ferguson, from Beef Farmers of Ontario (BFO) here to talk about the challenges of raising beef. While there aren't many sheep farmers, many times people start raising livestock with either sheep or goats – we will have a small ruminants specialist, Jillian Craig, to share information. The soil or lack thereof, affects us all – whether it's a farming operation raising livestock or a market garden growing vegetables. Peter Doris, a soils specialist from OMAFRA, will be here to talk about Haliburton's somewhat unique conditions and what can be done. Many people raise chickens here; while Ontario Chicken cannot make our meeting, they have sent some info and Bryan Barlow, HCFA's president, will talk to the new programs announced.

Our presenters will each talk for about 15 minutes, which takes up the first hour or so. Then the meeting will break up and each presenter will have an area in the room where they will have additional info and anyone can go talk to them one-on-one. Heather Candler, our support individual from OMAFRA, will also be available to share info on OMAFRA's programs and resources.

Last but not least – the most important part – food and drinks will be available!

Submitted

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*Jan 1st 2015 - June 30th 2015

HALIBURTON & DISTRICT LIONS CLUB'S POLAR BEAR CHALLENGE CANCELLED AS PART OF THE HALIBURTON'S FROST FESTIVAL

We are disappointed that extreme cold weather and dangerous wind-chill conditions made it unsafe to proceed with this event.

"Thank You" to all those that had collected sponsor pledges!

"Thank You" as well to their supporters!

We would like to honour the commitments to both SickKids Hospital Eye Clinic and Haliburton Hospital Health Services.

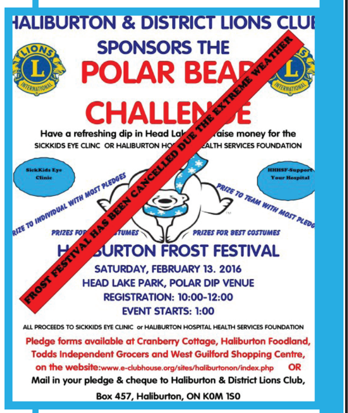
To turn in any monies you have collected please contact:

Jim Frost 705-457-4031

to arrange for delivery of your pledge sheet and money.

Thank you !

See You Next Year !



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SATURDAY, FEBRUARY 13. 2016
HEAD LAKE PARK, POLAR DIP VENUE
REGISTRATION: 10:00-12:00
EVENT STARTS: 1:00

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Pledge forms available at Cranberry Cottage, Haliburton Foodland, Todds Independent Grocers and West Guilford Shopping Centre, on the website:www.e-clubhouse.org/sites/haliburtonon/index.php OR
Mail in your pledge & cheque to Haliburton & District Lions Club, Box 457, Haliburton, ON K0M 1S0

Dale Goldhawk coming to the Highlands

By Angelica Ingram

Popular radio personality, journalist and author Dale Goldhawk wants to help you navigate some of the difficulties of aging.

Host of *Goldhawk Fights Back* on Zoomer radio, the seniors' advocate is coming to Haliburton on March 3 to deliver a free presentation titled Growing Older Shouldn't Hurt.

Held at the Pinestone Resort and Conference Centre, the event will feature Goldhawk as the keynote speaker, discussing topics pertinent to the senior demographic in a conversational and jovial way.

"Getting older shouldn't hurt" refers to both financial or physical pain, says Goldhawk.

"What I'm going to talk about is the history of some of the dealings I've had with people who are and have abused elderly people," he said. "Sometimes from a physical point of view. Just as often, perhaps more often, from a financial point of view, which also can hurt quite a bit and change people's lives."

A broadcaster with close to 50 years of experience, Goldhawk, 72, has hosted numerous consumer advocacy programs on networks such as CTV, Rogers Television, CPAC and CFZM. He has been nominated for a Gemini award and is a recipient of both the Queen's Golden Jubilee Medal and the Queen's Diamond Jubilee Medal.

He says he never stops learning about scams or abuse that is hurting seniors. He points to the growing number of online and phone scams as a major cause of concern.

"They are absolutely growing exponentially," he said. "And many of them of course target older people ... many, many more people are being victimized."

An initiative of the Elder Abuse Prevention Network for Haliburton and Kawartha Lakes, the information session will include issues such as elder abuse in a financial sense, area scams targeting seniors and more, said Raeann Rideout, central east consultant for the network.

"Dale has a lot of experience in terms of advocating for older adults who have either been scammed or mistreated or abused in the past," said Rideout.

Financial abuse can lead to other types of abuse, such as emotional or physical, and create a significant impact on someone's life, one which can last for years or decades.

To help navigate these topics, Goldhawk aims to provide anecdotal and personal experiences he has had with individuals to help those in attendance deal with situations they may face.

Although it is his goal to try to help people, Goldhawk says he often is given new information as well.

"I get feedback from people who may have stories to tell me. I consider these talks to be very much a two-way street," he said. "I really want it to be a conversation around all the issues surrounding elder abuse."

Seniors are often victims of abuse because they come from an era of trust and honesty, however, anybody can get conned, said Goldhawk.

Rideout agrees, adding seniors are more likely to become targets of scams and abuse for a variety of reasons, including they tend to be a more trusting demographic, have more disposable income and may be more vulnerable.

She believes information from Goldhawk may help one or many people.

"When he does his presentations he talks from the heart and about what he's learned over the years and that advice he passes on to older adults," said Rideout.

Along with Goldhawk's talk, there will be a presentation from Haliburton Highlands OPP Const. Dianna Dauphinee on how to report frauds and scams against seniors, as well as area exhibitors providing information and resources to seniors.

"She's going to talk about the incidents of fraud they are seeing in the local community," said Rideout. Dauphinee will also be giving out information on dealing with scams and fraud in a rural community, which can often leave seniors isolated.

The event is being funded by a grant through the Ontario Seniors' Secretariat.

Getting Older Shouldn't Hurt will take place from 9 a.m. to noon, is accessible and an assisted listening system will be available.

The event is free and anyone interested is welcome to attend, regardless of age. Donations will be gratefully accepted.

To register in advance call 705-457-1600 or 1-800-263-3877 ext. 3131.

Refreshments will be provided.

> “
>
> ***I really want it to be a conversation around all the issues surrounding elder abuse.***
>
> — Dale Goldhawk, radio personality, journalist and author

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Facts about the cardiovascular system

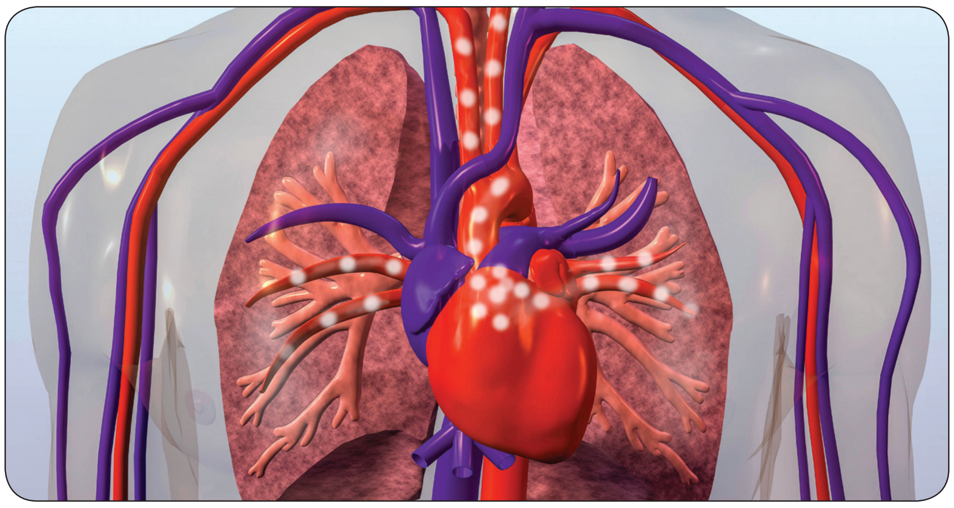
The human heart and the miles of blood vessels that snake through the body are a wonder to behold. Made up of three independent components, the cardiovascular system functions best when these three components, which include the heart, lungs and portal vessels, work cohesively.

Each day 2,000 gallons of blood travel through the blood vessels to provide oxygenated blood to the body and remove waste materials, including carbon dioxide. That's a lot of traveling. In fact, according to LiveScience, if you were to lay out all of the arteries, capillaries and veins in one adult from end-to-end, they would stretch roughly 60,000 miles, which means that our blood vessels could wrap around the Earth 2.5 times.

The human cardiovascular system is nothing short of fascinating, and the following are some even more remarkable facts about this wonder of nature, courtesy of Mercola, PBS, CPR Certified medical training group, and LiveScience.

- The heart beats around 2.5 billion times in the average person's lifetime.
- Red blood cells have to move in a single-file line to fit through the miniscule capillaries in the body.
- When the body is at rest, it takes about six seconds for the blood to go from the heart to the lungs and back.
- A woman's heart typically beats faster than a man's heart, at a rate of 78 times per minute (mens' hearts beat 70 times per minute).
- The corneas in a person's eyes are the only bodily cells that do not receive a blood supply.
- The thumping sound of the heart is made by the four valves of the heart closing.
- If a heart has an adequate supply of oxygen, it can beat even when separated from the body, thanks to its own electrical impulse.
- Ancient Egyptians believed the heart, rather than the brain, was the source of emotion, wisdom and memory.
- Unlike other cells, red blood cells do not contain nuclei so they have room to carry oxygen. However, this absence is why they cannot divide or synthesize new cell components.
- Healthy bone marrow will constantly manufacture new red blood cells.
- Within a tiny droplet of blood, there are about 5 million red blood cells.
- The right ventricle is responsible for moving blood to the lungs, where it will receive fresh oxygen and nutrients. The left atrium and left ventricle receive this oxygenated blood back from the lungs.
- The heart begins beating four weeks after conception.

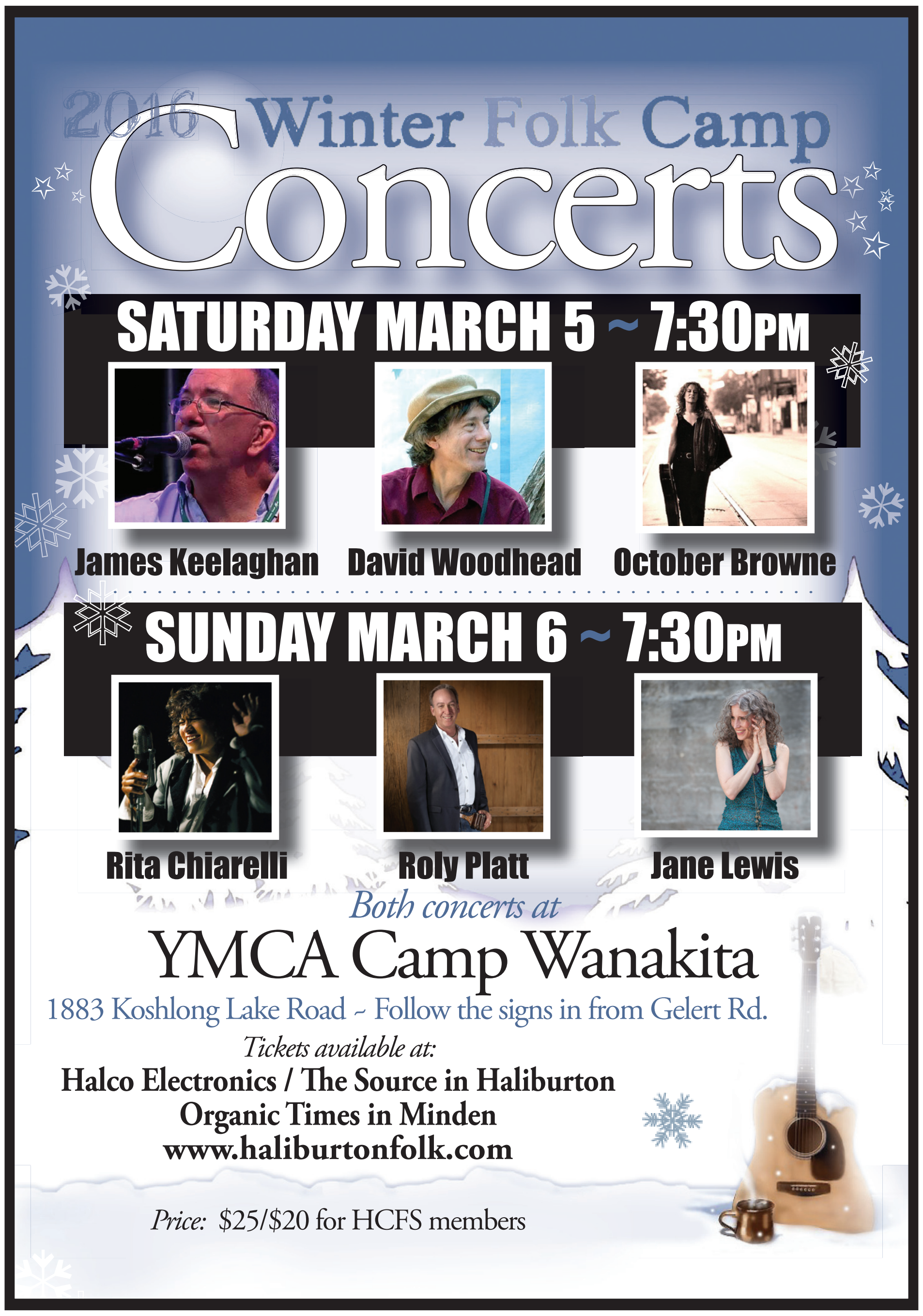
The cardiovascular system is an amazing component of the human body.



Towards a healthy future

The Minden Community Kitchen and the John Howard Society have partnered together to host two separate cooking lessons called Towards a Healthy Future in the Community Kitchen at the Arcadia Masonic Lodge building at 24 Newcastle St. in Minden. This is the third year that the John Howard Society has run Towards a Healthy Future cooking class but the first time in partnership with the Community Kitchen. This is a beautiful commercial kitchen fully equipped to handle classes of this type. We will be starting on Feb. 24 for six weeks from 4 p.m. to 5 p.m. to teach kids to make simple nutritious snacks and meals and then from 6 p.m. to 7 p.m. Dads and kids are invited to a second program for families to share cooking responsibilities. The age group is 10 years old and up and the classes will be taught by Sue McClean and Marilynne Lesperance. We offer a fun safe place to learn new cooking skills and be able to eat what they cook or take some home at the end of the classes. All products are supplied at no charge and the classes are free and will be fun. Each class includes food safety and safe food handling techniques. You just have to email smcclean@jhscklh.on.ca or call 705-286-2990 so we know how many to expect. The first night of each course the parents are asked to sign a permission form.

Submitted



2016 Winter Folk Camp
Concerts

SATURDAY MARCH 5 ~ 7:30PM

James Keelaghan David Woodhead October Browne

SUNDAY MARCH 6 ~ 7:30PM

Rita Chiarelli Roly Platt Jane Lewis

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Haliburton School of Art + Design
Fleming College

We are now Haliburton School of Art + Design

We've changed our name, but not our commitment to providing the best possible art education experience for our students. Our name reflects the breadth of our expanded programming: art, heritage, and new design studies offered in full-time, part-time, and accelerated formats; available at multiple campus locations and partner institutions.

The prominent letter **H** in our logo is inspired by the iconic Haliburton campus red doors that symbolize the opening of creative possibilities for students in all our programs; our longstanding history in providing art education, and the artists, designers and makers in our supportive communities.

+ Design represents the addition of a unique suite of programs that fuse hands-on studio art practices with design studies.

New Fall 2016 Design Programs

Our programs are different; they are built on a design education philosophy that integrates art, material practices, production techniques, and experiential learning - all explored through the lens of design discipline principles, elements and processes.

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Our Integrated Design diploma program will give you the fundamental design skills and critical thinking needed to become a successful designer in any discipline you choose to pursue.

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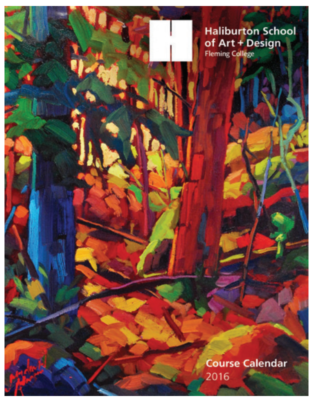

Summer Programming

2016 Summer Art Program
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Studio Process Advancement Post-Graduate Program (May–August, Haliburton)
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Ancient people grappled with February

February is the shortest month of the year, but many people have no idea why that is. February is the only month to have fewer than 30 days, but there is no scientific reason behind that distinction, though there have been various changes to the calendar throughout the centuries, and eventually February became what it is today.

The Romans developed a 10 month calendar that began with the spring equinox in March and ended in December. There is belief that what is now February was overlooked when this calendar was created, as winter weather had little to do with the harvest in the northern hemisphere, where Rome is located. Romans essentially considered the winter a period of time with no distinctive months.

When the second king of Rome, Numa Pompilius, took to the throne in 713 BC, he had plans to make the calendar more accurate by synchronizing it with the actual lunar year, which is roughly 354 days long. Thus, two new months, January and February, were added to the end of the calendar. Both January and February had 28 days.

At the time, even numbers were considered bad luck, and these months were not looked upon favourably by the king. So he decided to make changes once more and added a day to January to make it 29 days long. February was left untouched, remaining an "unlucky" month and one devoted to honouring the dead and performing rites of purification, as the word February comes from *februare*, which means "to purify." February remained the last month of the year for roughly 200 years until the calendar was reevaluated and February was reassigned as the second month, with January being the start of the new year.

This new 355-day calendar simply could not stay in sync with the seasons because it did not account for the amount of time it takes the Earth to orbit the sun. Therefore, an extra "month" of 27 days was added after Feb. 23 each year to play catch-up. Sometimes this extra month was overlooked or not scheduled in time, continuing the calendar conundrum.

Julius Caesar was responsible for tackling calendar problems further when he was in power. He wished to make the calendar solar-based, like the one Egyptians used, instead of the older lunar-based calendar. This led to the creation of the Julian calendar. Ten days were added to the calendar year in various months, and February was increased every four years (leap year) to 29 days to coordinate the calendar year to the solar cycle of roughly 365.2425 days.

February remains the shortest month of the year. Through the years there has been no widespread attempt to reorganize the calendar once more to even out the months and give extra time to February. As a result of the shorter number of days, February has some unique attributes. In common years, February can pass without a single full moon. The next time this will happen is in 2018. Once every six years, February is the only month that has four, full seven-day weeks.

February starts on the same day of the week as March and November in common years, and on the same day of the week as August on leap years. February ends on the same day of the week as October every year. In leap years, it is the only month that begins and ends on the same weekday.

People born on a leap year technically celebrate their birthday only once every four years, but most observe it on the 28th. Celebrities born on Feb. 29 include Tony Robbins, Antonio Sabato, Jr., Mervyn Warren and Dennis Farina.

Despite its status as the shortest month, February is packed with many events, including Valentine's Day and Groundhog Day. Americans celebrate the birth of two presidents in February, as well as Black History Month. Mexicans celebrate Flag Day in February, while residents of St. Lucia celebrate their Independence Day. February is also a time for families, especially in Canada, where Family Day is celebrated on the third Monday of the month in many provinces.

February is also an important month for sports fans, as two teams will face each other in the Super Bowl on the first Sunday of February.

No one really knows for certain why February was relegated to the shortest month. However, with so much trivia and special events surrounding the month, it is still a special time of year.

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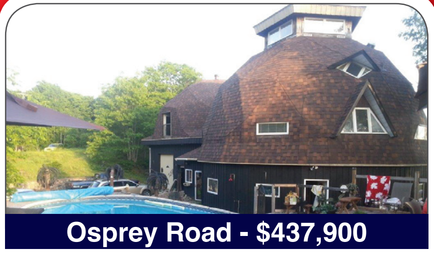

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Healthy habits to combat stress

Stress has an immediate and potentially long-term effect on the human body. Though it's a natural response to both good and bad experiences, stress, when chronic, can produce a host of negative consequences that greatly diminish one's quality of life.

Combatting stress can sometimes be difficult, as the causes of stress are never too far away for many adults. In its 2015 Stress in AmericaTM: Paying With Our Health survey, the American Psychological Association found that money is the top cause of stress for Americans. The survey was conducted on behalf of the APA by Harris Poll, which asked more than 3,000 participants about their issues with stress. Sixty-four percent said money was a somewhat or very significant source of stress, and that number was even higher for parents (77 per cent). Survey respondents also noted that work is a significant source of stress.

Few adults can imagine a life that does not include financial- or work-related stress. But there are ways to combat stress that can benefit people's long-term health and improve their present-day quality of life.

- Develop a support network. Speaking about problems with trusted friends and family members can be an effective way to combat stress. The APA study found that participants who reported having an emotional support network reported lower stress levels than those who had no such networks to rely on. Try to overcome any reticence you might have about speaking about your stress to a close friend or trusted relative on those days when stress seems overwhelming.
- Get more exercise. Routine exercise is another healthy way to combat stress. According to the Anxiety and Depression Association of America, studies have shown that exercise can reduce fatigue, improve alertness and concentration and enhance overall cognitive function. Those are considerable benefits to people dealing with elevated levels of stress, which can contribute to both physical and mental fatigue and negatively impact one's ability to concentrate. Studies also have shown that regular exercise can decrease tension, which tends to increase as stress levels rise, and elevate and help to stabilize mood, which often decreases as stress levels increase.
- Don't lean on alcohol after stressful days. Many people respond to stressful days by consuming alcohol. While alcohol helps some people forget a stressful day, it also produces psychological and physiological side effects that can compound the effects of the very stress drinkers are looking to relieve. People who drink to alleviate stress may only be doing more harm with each drink, so find a way to cope with stress that has a more positive impact on both your body and mind than that produced by alcohol.
- Breathe deeply. The American Institute of Stress notes that focused breathing is a relaxation response that stimulates the nervous system and promotes a sense of calmness. Deep breathing can combat stress, lower blood pressure and draw your attention away from those things that are causing your stress. Visit www.stress.org to learn about deep breathing exercises.

Stress is a fact of life for many people. But while stress may be inevitable, it can be overcome.

Get to know the vernal equinox

Twice a year the Earth's axis is positioned so that it is pointed neither toward the sun nor away from it. During these times, the sun is in the same plane of the Earth's equator. This means the sun can be viewed directly overhead at the equator at these times of the year. The name given to this is "equinox."

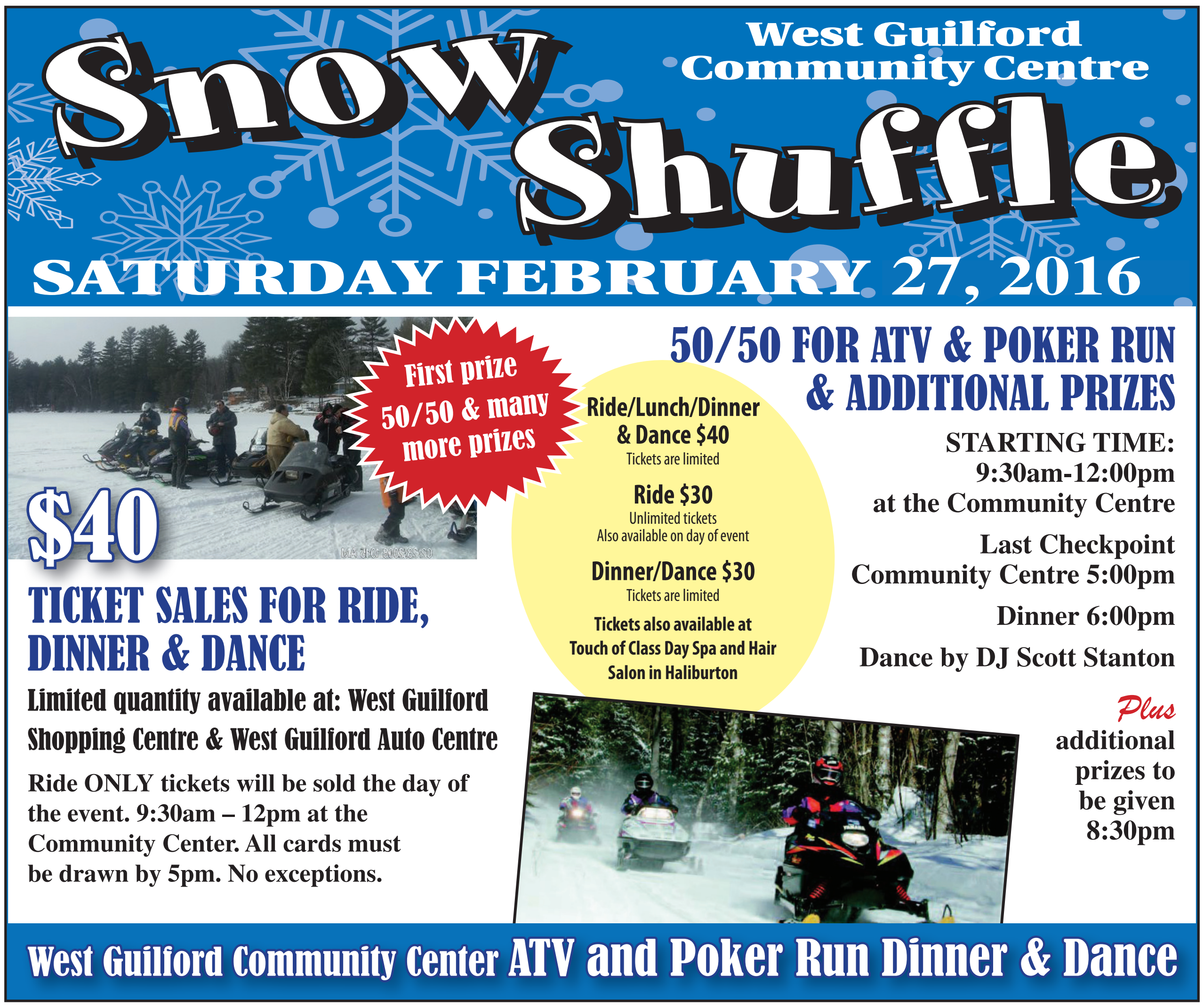
The word "equinox" is actually derived from the Latin words meaning "equal night." Many people refer to the equinox as the time when both day and night are of equal length. However, this is actually a misconception, as equality of daylight and darkness depends on your geographic location. When the northern hemisphere of the Earth is experiencing the spring, or vernal equinox, the southern hemisphere is experiencing the autumnal equinox.

The vernal equinox is widely known as the first day of spring. It is a happy time for so many people because it marks the point in the calendar when the weather will soon begin to warm and flowers and animals will repopulate. It is also the point in time from which the days will continue to get longer and there will be more sunlight.

Although the hours of the day and night aren't completely equal, there are many other remarkable things associated with the equinox.

- During an equinox, the sun rises due east and sets due west. These are the only times this occurs. These are the only days of the year when the sun will cross the sky in a perfectly straight line.
- At the North Pole, the vernal equinox marks the start of six months of uninterrupted daylight. At the South Pole, it starts six months of darkness.
- In the Gregorian calendar, the use of leap years means the equinoxes occur on the same days nearly every year. The spring equinox typically arrives on March 20 or 21.
- On every vernal equinox there are scores of people who attempt to stand an egg on end because they believe the position of the Earth's axis will help balance the egg. This is an urban legend and there is no scientific reason to suppose that an alignment of the Earth's axis will affect items on Earth, including eggs. It is possible to stand an egg on end with patience and the right shaped egg. It can be done any time of the year, not just on an equinox.

The vernal equinox is a time for people living in the northern hemisphere to prepare for a new season of sunlight, warmth, rebirth and entertaining. It won't be long before there are buds on the trees and tulips and daffodils are popping up.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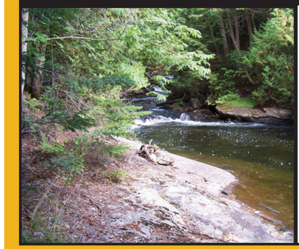

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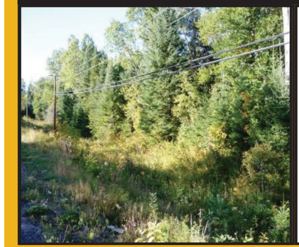

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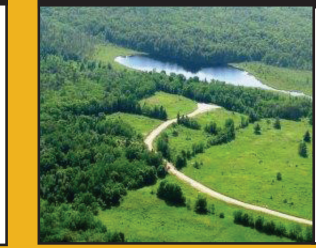

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Erin Nicholls 457–2128 x 34

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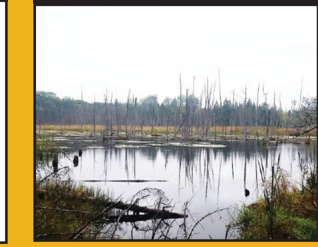

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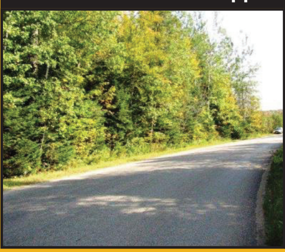

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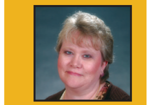

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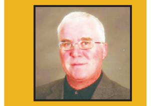

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David Lee*
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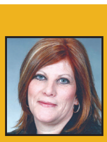
Erin Nicholls*
457-2128 x 34

Brandon Nimigon
705-457-2128 x 27

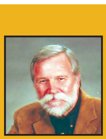


Karen Nimigon**
457-2128 x 29

Greg Stamp*
457-2128 x 28

Elizabeth Thompson*
457-2128 x 52

Melanie Vigrass*
286-2138 x 32



Tom Wilkinson**
286-2138 x 25

Andrea Wilson**
457-2128 x 25

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A family bids on some of the many silent auction items during Catch the Cure at the Minden Hills Community Centre on Feb. 13. CHAD INGRAM Staff

Hundreds of people fill the Haliburton Legion on Tuesday, Feb. 9 for St. George's Anglican Church's pancake supper. The 77th annual event served up delicious pancakes, sausages, coleslaw and dessert, with admission by donation to support the Haliburton Refugee Sponsorship Committee and Haliburton Highlands Pregnancy Centre. The event marks the start of the Easter season. ANGELICA INGRAM Staff

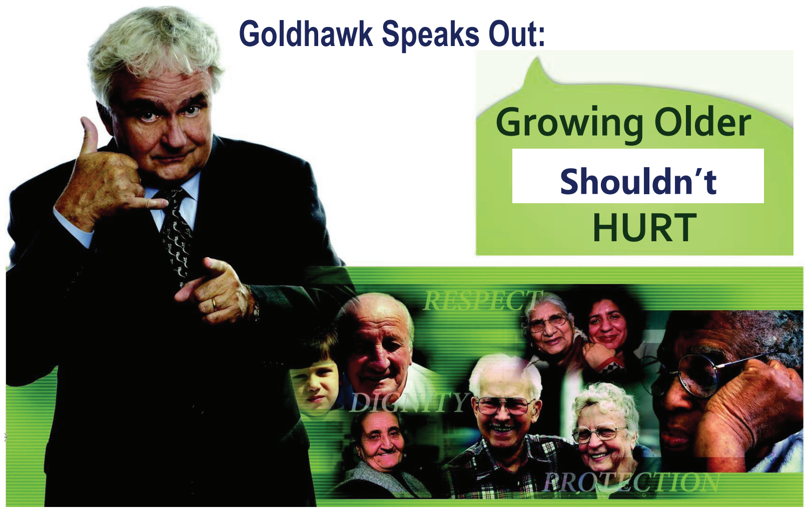
Captain Hook flees the crocodile during the Minden Figure Skating Club's production of Peter Pan at the S.G. Nesbitt Memorial Arena Feb. 15.

An unruly band of pirates descended upon Minden's S.G. Nesbitt Memorial Arena during the Minden FIgure Skating Club's production of Peter Pan on Feb. 15. CHAD INGRAM Staff

SAFE and SECURE AGING in Haliburton County

Goldhawk Speaks Out:

Growing Older
Shouldn't
HURT



free

Thursday, March 3rd, 2016
9:00 a.m. – 12:00 p.m.

Pinestone Resort & Conference Centre, Spa & Golf Course
4252 County Rd #21, Haliburton, Ontario

Featured Speakers:

Constable Dianna Dauphinee
Community Services Officer, Ontario Provincial Police
Haliburton Highlands Detachment
Reporting Frauds and Scams Against Seniors

Dale Goldhawk
Radio Host of Goldhawk Fights Back on Zoomer
Radio AM 740, Journalist, Author and Broadcaster
Growing Older Shouldn't Hurt

Register by Phone: 705-457-1600 / 1-800-263-3877 Ext. 3131

To Register On-line: REGISTER NOW

Assistive Listening System (FM)

Refreshments Provided
Donations gratefully accepted.

Funded by: Ontario

Hosted by: Elder Abuse Prevention Network
Haliburton Kawartha Lakes

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THE ECHO HALIBURTON COUNTY
The Times MINDEN ONTARIO

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A Cuban love story

By Barbara Rosen

"I help you carry chairs?"

It was on the one week retreat in Cuba in January that included daily yoga, meditation and writing. It was before afternoon meditation and I was going back and forth carrying chairs for our meditation circle.

"It's OK because I think 'Superman' up there might be in danger if you leave him to help me."

At that moment the small slim young man sporting the Superman T-shirt, sat down suspending his legs over the balcony and waved to me indicating it was OK for his partner to leave. He was painting an area below the roof of the hotel. He had a rope tied around his waist that was held by his larger, muscular amigo below.

"Gratias," I answered accepting the help that day.

"Barbara!"

The next day after my mid-morning walk to the "other" hotel with the great view overlooking the Sierra Maestras and the sea where I sipped in a cappuccino and after when I was on my way back to my hotel on the beach that I heard my name called out.

"Oh, it's you, the painters!" spotting them hiding under a grove of palms.

"You like papaya," shouted out Superman, who wasn't wearing his Superman T-shirt today.

"Sure….Qual es ton nombre?(What's your name?)"

"Louis," answered Superman.

"Qual es ton nombre?" I asked the guy who carried the chairs

"Louis"

"You're both Louis?" I chuckled.

"Non. I'm Louis Raphael and he's Louis Alberto."

"If you want to bring papayas I think our group would really love that. Tomorrow would be great at 4 p.m. just before we begin our program. It'll be special as it's our last day."

"Here they are Barbara," said Louis Raphael (Superman) handing me the papayas wrapped in his T-shirt. He motioned to me he needed the T-shirt back and I took off my hat and put the papayas in it.

"Wow! Come and sit in our circle. Our group would love to meet you."

And as the members arrived smiles spread on all the faces as they saw Louis Raphael and Louis Alberto seated in our circle.

Smiles spread on all the faces as they saw the beautiful papayas, their gift to us, placed in the centre. We introduced each other. We learned that Louis Raphael went to school for hotel management and was hoping to land a job at our hotel at the hotel's new bar now under construction.

We learned Louis Alberto was a math student.

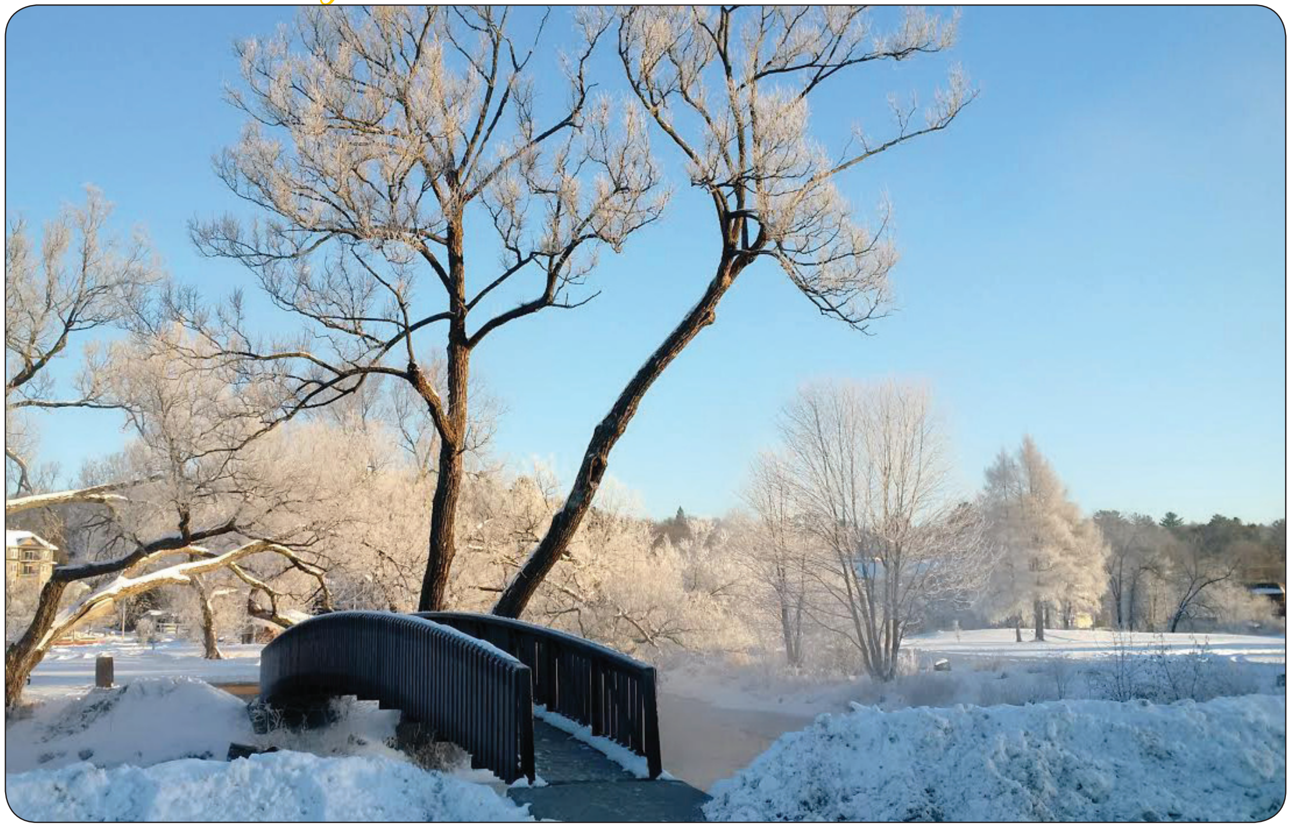
We learned that their future for employment like most Cubans was uncertain. A member of our group left her seat and returned with razors, a gift for our new friends.

"Focus on the papayas today and breathe in love, compassion and connection."

Later that day after dinner we shared our writings of the day. One member wrote about how surprised he was after his nap that when he opened the curtains, lo and behold, there was a guy standing on his balcony railing painting.

Find Award Winning Journalism Online *Anytime*

THE ECHO
HALIBURTON COUNTY



Head Lake Park shimmers in the morning sunlight one day in February. Photo submitted by Laura Smith

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$205,000 - 18 St. Germaine

Beautifully updated 4 bedroom, 2 bath, home in the heart of town. Park-like property, yet walking distance to amenities.

$379,000 - Bob Lake

270 ft of waterfront!

boblakeminden.com for more Info & Photos

3 season cottage with big lake views and western exposure

$299,000 - 78 Highland St.

TEXT 54655 to 28888 for more Info

PRIME main street Haliburton location. Development opportunity overlooking Head Lake

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$585,000 - Twelve Mile Lake - 252 ft of waterfront!

12milelake.com for more info & photos

Big lake views and large frontage awaits you on sought after Twelve Mile Lake. The 3+1 bedroom cottage sits on over 1 acre of property and features a custom hickory kitchen, large main floor family room with cathedral ceiling, walkout basement with recreation room, master bedroom with ensuite, oversized garage and much more!! 250 ft Twelve Mile Lake lots don't come on the market everyday! Don't miss your chance to own this one.

$69,000 - Haliburton Lake Rd

TEXT 54652 to 28888 for more Info

72 acre lot less than 7km to downtown Haliburton!! Easy year round access off of a municipally maintained road. Great recreational acreage with access to trail systems. Approx. 1400 ft of frontage on the north side Haliburton Lake Road.

$72,900 - Waterfront Lot

TEXT 54651 to 28888 for more Info

103' Gull River waterfront lot awaits you. Build a year round home or recreational retreat. 2km from downtown Minden. Short boat ride into Minden or south to Gull Lake.

UPCOMING

Community Events

PARISH
HOME INSPECTIONS

See more events in our Winter Guide, available on newsstands across the Haliburton Highlands.

Want to get your event in Community Calendar? It's free! Contact Pat at classifieds@haliburtonpress.com.

Dated Events

MINDEN: Making Baby Food Together

When: Monday, February 29, 10 am to noon
Where: Ontario Early Years Centre (144 Bobcaygeon Rd.) in Minden
Join Health Unit staff in learning to make healthy food for your baby. Call (705) 457-1391 or 1-866-888-4577 for more information.

Haliburton County Farmers Association: A farming Info Evening

When: Tuesday March 1, 7:00 PM
Where: SG Nesbitt Community Centre, Minden
It's about farming here in Haliburton. It's about growing things here in Haliburton. It's about raising livestock – cattle, sheep, goats, chickens, etc. here in Haliburton.
Our presenters will each talk for about 15 minutes which takes up the first hour or so. Then the meeting will break up and each presenter will have an area in the room where they will have additional info and anyone can go talk to them one-on-one. Heather Candler, our support individual from OMFRA will also be available to share info on OMAFRA's programs and resources.
Last but not least – the most important part – food and drinks will be available!

Bowl for Kids Sake - Big Brother Big Sister

When: Wed. March 2, 2016
Where Fast Lane Bowling, Minden
Organize a team of bowlers. Collect pledges. No skill required.
No Cost to Bowler
Fore more info or to participate, please call Rawn at 705-286-2401

World Day of Prayer

When: Friday March 4th 2-4pm
Where: Our Lady of Fatima Church, 7 Bobcaygeon Rd. Minden
Please join us as the Anglican, United, Bible and Catholic churches of Minden celebrate Cuba this year.
Refreshments, Cuban music and slideshow to follow.

EARLY ST.PATRICK'S FUN DAY

When: Saturday March 5, 11:00 to 4:00
Where: BOBCAYGEON SENIORS CENTRE, 100 Head Street
COST IS $5.00 (TICKETS ARE REQUIRED FOR THIS EVENT)
Lunch is included
FOR INFORMATION CONTACT: Linda 705738982

HALIBURTON: Sexual Health Clinic

When: Wednesday, March 9, 10:30 am to Noon.
The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the Health Unit at 1-866-888-4577, ext. 1205.

Recurring Events

Rexall Haliburton, Flu Shots Available

Mon-Sat 9am-9pm, Sun 10am-6pm.
No Appointment necessary.
Available to everyone in the community
We just received doses of FluMist . FluMist is a Nasal Spray dosing that can be used for Children as young as Five. Because it is a nasal spray, there is no injection required. Again, our pharmacists can administer the flu vaccine to anyone with a valid Ontario Health Card any time, any day.

Family Kung Fu – Active & Strong In Algonquin Highlands!

When: Saturdays, January 9 to February 13 from 1:30 to 2:30 p.m. (6 weeks)
Where: Dorset Recreation Centre
Traditional martial art training to build character, respect and discipline open to all ages and families. Registration is required. Cost is $30 for the 6 weeks. Funded by the Government of Ontario.
Contact: 705-766-9968, recreation@algonquinhighlands.ca, Website: www.algonquinhighlands.ca

Bunnyrabbit, Jackrabbit and Track Attack Ski Program

(The Haliburton Highlands Nordic Trail Association)
When: Sat. Jan. 9, 16, 23, 30, Feb. 7, 14. Time: 1:30 - 3:00
Where: Glebe Park, Bandshell Area
We will be offering Cross Country Canada's Skill Development Program for children from ages 4 to 12 years old. There is a rental program for children who have out grown their equipment at a cost of $50 for the season. The overall goal is to learn that winter and snow provide a great opportunity for outdoor enjoyment and adventure. Contact: Jane Heyes, heyes@sympatico.ca , 705-457-1465; For rental equipment, Brian Hills, brihill3@hotmail.com or705-457-6647

"JOURNEY" Annual Salon Exhibition

When: Saturday January 23 til Saturday March 19 Wed – Sat 11-5, Sun 11 – 3
Where: Rails End Gallery and Arts Centre 23 York Street
Vote for your favourite work of art by a local artist in The People's Choice! An excellent introduction to art appreciation for the whole family. Admission by donation. All welcome. Contact: Laurie Jones, Curator 705-457-2330 www.railsendgallery.com

Cancer Support Group,

Open to anyone who has been diagnosed with or survived cancer. We meet the 3rd Tuesday of every month in the Ruth Parkes Room at the Haliburton Hospital from 1 pm to 3 pm. Please contact Lynn Higgs Thompson 705-457-2941 for more information.

Al-anon Minden

When; Monday evenings at 8 p.m.
Where: Hyland Crest (north entrance, follow signs inside building), 6 MacPherson, Minden
Details: For relatives and friends of problem drinkers. For more information call 1-888-425-2666

The VON SMART exercise program for balance, strength and flexibility.

When: Minden, Tuesday's at 11 at the Hyland Crest Auditorium,
Haliburton, Thursdays at 1pm at EchoHills.
Please contact Judy Webb@ 705-286-5098 or Carol Browne @ 705-457-4551 for more information.

Kitchen Party Music Jams

When: Every Saturday From 1:00 pm to 4:00 pm (continuous event)
Where: Dominion Hotel Pub, 113 Main Street, Minden, ON
Details: Musicians are welcome to come out to play and Fans are welcome to come out and enjoy the music at the free Jam Sessions every Saturday afternoon - 1st Saturday Folk/Celtic Music, 2nd & 5th Saturdays Mixed Acoustic Music, 3rd Saturday Country Music & 4th Saturday Bluegrass Music.
Contact: Gerry Mitchell at (705)799-5008 or by email at kitchenpartymusicjams@hotmail.com

Toastmaster Minden

When: 1st and 3rd Tuesday of each month. 12 noon to 1:00 pm (winter meetings times)
Where: OPP conference room, 12598 Hwy. 35 (across from Tim Hortons)
The fee has been reduced
Anyone, who is 18 to 80 years of age can attend.
First three meetings are FREE

Haliburton Highlands Quilt Guild

When: Second Wednesday of every month, at 1-4 pm
Where: Stanhope Community Centre, 1095 North Shore Rd., Algonquin Highlands
Details: Meeting often preceded by working on a project at 10 am.
Contact: Pat Campbell at (705) 457-1211 or patcampbell@live.ca

HALIBURTON HIGHLANDS WEAVING & SPINNING GUILD OPEN STUDIOS:

Time: Every Tues. 1-4p.m.
Place: Zion United Church, Carnarvon
No experience needed.
Contact: Pat @ 705-286-7782 or andreacoysh@gmail.com

Dorset Craft Connections Group

When: Tuesdays at 9:30 a.m.
$1 per person

Haliburton Region Shout Sister! Choir

When: Practices are held Thursday nights from 7-9 pm
Where: Haliburton United Church, Fellowship Room, 10 George St., Haliburton.
Details: Directed by Laurel McCauley, Welcoming new members. We do not audition and learn our music by ear. All levels of singers are welcome. We sing a fun variety of music from pop and folk to Motown.

Taoist Tai Chi

Carnarvon: Zion United Church
Tuesday: 10:00 am - noon
Friday: 10:00 am - noon
Wilberforce: Lloyd Watson Centre
Wednesday: 2:00 - 4:00 pm
Haliburton: United Church
Monday: 9:30 - 11:00 am
Health Recovery: Monday 11:00 am - 12:30 pm
Thursday: 10 am - noon
Kinmount: Galway Community Centre
Monday: 10:00 am - noon

Thursday: 10:00 am - noon
For more information contact: Wilma at 705-457-5829 or email peterborough@taoist.org
Schedule of classes also at taoist.org/peterborough

Legion Events

Branch 624, Wilberforce

Jan Simon PRO February 26h – March 3rd
Friday Pool 1:30pm
Jam Session
Saturday Meat Draw 2pm Early Bird 3pm Sharp
Ken McFarlane Memorial Lake Trout Fishing Derby, $15/person – 1 fish entry – Cash Prizes 1st 5 fish, Prize table
Weigh in 3-6pm – recipients must be present to collect prizes.
Monday Bid Euchre 7:00pm come out and learn – beginners welcome
Wednesday Fun Darts 7:30pm

Branch 129, Haliburton

Dave Allen, PRO 705-457-2571
Mondays: Bridge every Monday at 1pm
Tuesdays: Tuesday Night Dart League starting at 7pm
Wednesdays: Bid Euchre 1pm start
Bingo Doors open at 6pm, Bingo starts at 7pm - $500 Jackpot, **$1000 Jackpot** last Wednesday of the month.
Thursday: General Meeting Second Thursday of the month starting at 7:30 pm All members urged to attend
Ladies Auxiliary Last Thursday of the month at 1pm
Fridays: Cribbage 1 pm start
Meat Draw Five Draws, Five Prizes each draw, First draw at 4:30 pm, Last draw at 6:30 pm, Tickets are $2 per draw…Chester Howse, MC
Fun darts - 4:30 pm onwards
Saturdays: 50/50 Draw 4 pm draw, Tickets are 1$ each from noon onwards
Sundays: Breakfast Second and fourth Sunday of the month - 9:30 am - 1 pm $6 per person. Occasional volunteers are needed.

Upcoming Events: Live entertainment featuring Haliburton's own Gord Kidd & Friends at the Haliburton Legion Club Room on **Saturday March 5th 4-7pm**. Enjoy baked spaghetti prepared by the Ladies Auxiliary for only $6. Plus for just a loonie, don't miss out on our 50/50 draw at 6pm. $5 cover charge for non members.
St. Patrick's Day luncheon in the Main Hall **Thursday March 17th 11:30-1:30 pm.** Irish stew, coleslaw & dessert prepared by the Ladies Auxiliary for only $8 adults /$4 kids 12 and under.
Whether you're planning a function for 10 or 200, for more information call the Legion today at (705)457-2571. Come on out and support Haliburton Legion Branch 129... everyone is welcome!

Branch 636, Minden 705-286-4541

Ladies Darts, Wednesday, 1-4 p.m. No Ladies Darts Dec and January
Euchre, Thursday, 7 p.m.
Fish/Wings & Chips, Friday, 12-2 p.m. and 5-7 p.m.
Mixed darts, Friday 7:30 p.m.
Big euchre, first Sunday of the month (except holidays), noon, $12
Sports Fan Day, Sunday, 12-4 p.m.
Lunch menu, Monday – Friday, 12-2 p.m.
Liver lover's special, Tuesday 12-2 p.m. (full menu also)
Meat Draw, Wednesday lunch time. Dec 16, special Christmas meat draws.
Thursday take-out meals, pick-up after 6 p.m. Call between 2-6 p.m. for menu and placing your order. The cook will prepare only the number of orders placed before 6 p.m.

Branch 441 Kinmount

PRO Raquel Linton 705-488-3191
Mondays: Seniors cards, pot luck lunch 1230 followed by Bid Euchre
Family Fun Bingo 630pm Children & Adult fun and All welcome!
Wednesday: Summer Drop In Darts
Fridays: Bingo 6:45 all welcome $300 Must Go Jackpot
Saturdays: 5pm Meat Draw

SUDOKU

	1	8					2	6
						3		
		3	1	5				
			9			4		3
	5			4		8		7
8				3				
	9	5			7			
4			6		2	7	9	

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

ANSWER:

7	1	8	3	9	4	5	2	6
5	4	9	7	2	6	3	8	1
6	2	3	1	5	8	9	7	4
1	8	2	9	7	5	4	6	3
9	5	6	2	4	3	8	1	7
3	7	4	8	6	1	2	5	9
8	6	7	5	3	9	1	4	2
2	9	5	4	1	7	6	3	8
4	3	1	6	8	2	7	9	5

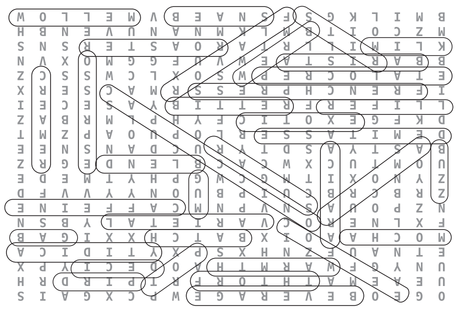
COFFEE BUZZ WORD SEARCH

O G E O B E V E R A G E W P C X G A I S
U E A E M A T H T O R F R T P I R D R H
U N Y G F W A R M T H A O D E C I Y P X
E T N A U F Z N H X S P X Y T I D I C A
M O C H A A O I X B A T C H X X I G A B
F X L N E R O C V A R I E T A L Y B S N
N Z P O U A S N V P N M C A F F E I N E
Z R B C R B C U I P B U O N Y Y V V F D
Z Y N O X I T M G C W G P H Y T M E D E
U O M T U C X W C A C B L E N D E G R Z
B A S T Y A S D T Y R U C D A N S N E E
D E M I T A S S E R L O P U O A P Z M T
D K F G E X O T I C F Y H P L M R B A Z
L L I F E R F R E T T I B Y A S E C E I
I F R E N C H P R E S S R M A C S E R X
E T A L O C R E P W S O X L C W S S C Z
B B A R I S T A E W V U F G G M O X V N
K L I M I L L R T A R O A S T E R S N S
M Z C O I T B M L K M N A N U V E N B H
B M I L K G S F S N A E B V M E L L O W

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

COFFEE BUZZ WORD SEARCH

ACIDITY
ARABICA
AROMA
BAG
BARISTA
BATCH
BEANS
BEVERAGE
BITTER
BLEND
BREW
BUZZ
CAFFEINE
CAPPUCCINO
COFFEE
CREAMER
DEMITASSE
DRIP
ESPRESSO
EXOTIC
FLAVOR
FRENCH PRESS
FROTH
ICED
MELLOW
MILK
MOCHA
MUG
PERCOLATE
POT
REFILL
ROASTER
STIR
SUGAR
VARIETAL
WARMTH



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260 AUTOMOTIVE FOR SALE

2010 Subaru Forester for sale. Excellent condition. 187000 km. Winter & Summer tires on rims. $9500.00 obo. Call Nick 705-935-1500

300 FOR RENT

Three bedroom house for rent in Haliburton. No smoking or pets. $1000.00 per month plus heat & hydro. First and last required and tenant and job references. Available March 1st.
Phone 705-457-9558

FOR RENT

FOR RENT

320 ACCOMMODATION WANTED

Wanted. Room to rent in the county. Retired man. Great handyman and likes to cut firewood. Has own tools. Call Chris. 705-927-4450.

380 COMMERCIAL SPACE FOR RENT

Rethink the Art Hive? FOR RENT inexpensive retail building, Hwy 35 North Bound (Moore Falls). Zoned for Handicraft Goods. Great Exposure!
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Clean, bright 4 BR family home on Head Lake, walk to town. Spacious open concept, finished bsmt, 2car garage, sand beach & 5 lake chain enjoyment.

$479,500

BRADY LAKE

Completely renovated & upgraded home or cottage. Level landscaped lot. 390' frtg.
2 propane fp's, Det garage/bunkie. Pride of ownership here!

$437,500

KUSHOG LAKE COTTAGE

Unique open concept with 3BR. Gentle terraced lot with gorgeous rock shelf/sand beach shoreline. Spacious & light. Bunkie. Garage. Lower level to finish to your taste. Must be seen..

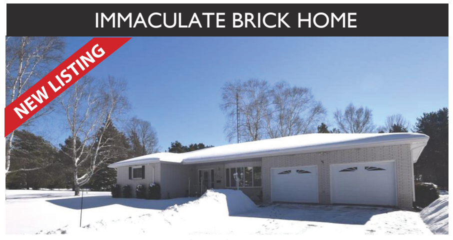
$389,500

DRAG LAKE ACREAGE $378,000

60 acres with 554 ft of beautiful shoreline. Mature hardwood bush w/walking trails to lookout. Gorgeous sunsets N/W. Private. Site cleared for building with awesome view.

$378,000

IMMACULATE BRICK HOME



Walking distance to Wilberforce & lakes. Manicured level grounds, 3BR home w/att dbl garage, paved drive, clean dry bsmt w/recroom, spacious, bright & beautiful home.

$274,900

LOON LAKE

Level lot, sun all day. Sand shoreline. Spacious 4 season 3BR, 4pc cottage. Spacious. Screen porch. Close to Haliburton.

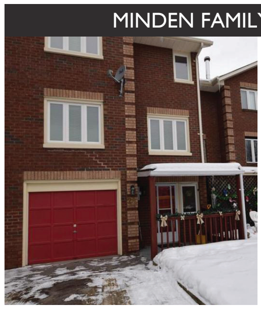
$269,900

ISLAND COTTAGING - REDSTONE LAKE

2BR with so much warmth & character. Very well maintained, large deck, upgrades, fantastic shoreline & super island community.

$247,500

MINDEN FAMILY HOME



Great for kids, walk to school, sports & more.
Maintained to perfection.
Comfortable 3BR, open concept living area & attached garage.

$150,000

STEPS TO MAPLE LAKE

Affordable opportunity for a rental property. 2 cottages on level lot near sand beach. 1 cott is winterized. Use one, rent one. Drilled well, septic. Great value.

$145,000

WEST GUILFORD HOME

Affordable home with good 'bon[illegible] 3 B[illegible]rdwood floors, attached garage, basement. Reno & upgrade int[illegible], lake view & dock across road.

SOLD

$129,900

Building Lots

Industrial Park Rd, 1.1 Ac, 2400 sf frame bldg	**$109,000**
Little Hawk Lake Road, 1Acre Lot	**$24,500**
Hwy 503, 1.7 Acre Lot	**$15,000**

MISKWABI DEEDED ACCESS

NEW LISTING

Totally renovated 2BR cottage/home. Yr rnd road, short walk to lake access. Affordable living or cottaging. Only 15 min to Haliburton village!

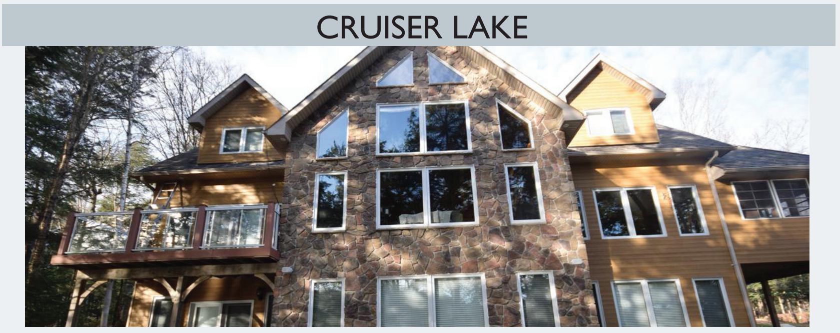
$129,900

"If you have the home, we have the buyers"

Nicole is currently seeking a
3 bedroom home in Haliburton County
for a lovely young family.

THE
RE/MAX
COLLECTION®
Fine Homes & Luxury Properties

CRUISER LAKE



4 season Timberframe w/3 finished levels. Dbl det garage w/upper level.
Luxury & comfort on peaceful Cruiser Lake near Kennisis. Must be seen.

$899,000

REDSTONE LAKE

Spacious open concept cottage or home. Unique man-made coral fireplace. High quality custom kitchen. Cozy lower level family room with walkout. Dbl det garage. Big lake view.

$797,000

LITTLE GLAMOR LAKE

Spacious turn-key 4 season property. Peaceful & private, 216 ft frontage. S/W exposure. Over 3000sf finished, double garage, quality finishings & features. Must see!

$599,900